



— BRUNCH

Avocado & Marinated tomatoes on toast *GF *VV £7

Add Halloumi £1.50

Freekeh feel good bowl VV £8.50

Freekeh, marinated toms, pickled radish, vege noodles, baby spinach, basil aioli, toasted seeds

Smoked Salmon Salad DF £11.50

Watercress, cucumber, green beans, pickled radish, herb mix (dill, parsley), baby beetroot, avo, lemon basil dressing, horseradish, seed crackers

Keto Kickstarter GF £11

Eggs any way, mushrooms, Bacon, halloumi, avocado, sauteed spinach, toasted seeds, herb oil.

Vegan Kickstarter VV £9.50

Smoked beetroot hummus, potato puffs, marinated toms, roasted mushrooms, broccoli pistou, crispy kale, seed crisps

Open 'BLAT' *GF £9

Bacon, lettuce, avocado, tomato, toasted grain bread

Roasted Beet salad VV £8.50

Smoked beet hummus, pickled candy stripe beets, bulls blood leaf & cashew cream, seed crackers

Eggs any way £5.50

Add

Mushrooms, sauteed spinach £0.50

Potato puffs £1

Bacon, halloumi £1.50

Smoked salmon £2

Sides

Skin on fries with aioli 4

Potato puffs with harissa VV 4

Roasted mushrooms, balsamic glaze VV 3

Smoked Beetroot hummus and seed crackers 3

We only use free range eggs, and sustainably caught fish